

# Zippit\_to\_da Recipes

## A collection of No Muss, No Fuss Recipes for Backpacking

By Dennis A. Schmitt

### The method

The basic principle is to cook in the bag that you carry the food in. This will reduce your cleanup. Which will save you water and time. Freezer style bags and roasting bags can be used since they are more tolerant to the heat of boiling water. Different sizes of bags are available for different volumes of food.



Two types of cooking are possible.

1. Adding boiling water to instant type foods. Rehydrating dried or instant type foods.

The use of an insulated mug or a kuzie made from closed cell foam will add in the heating of the food.

2. Retort or cooking in boiling water. Here you heat precooked meals which are in a sealed bag and cook with the heat of boiling water or steam. The Bakepacker uses this approach.

Once you have looked over the recipes,

sit and think how you might apply this technique to your own favorite foods.

## **Table of Contents**

---

|                                    |    |
|------------------------------------|----|
| Breakfast                          | 3  |
| Lunch or Trail                     | 5  |
| Dinner                             | 8  |
| Retort Meals                       | 13 |
| Drinks                             | 14 |
| Deserts                            | 15 |
| Additional information since 1999: | 19 |
| 2022 edit.                         | 19 |

## Breakfast

### *Home Made Instant Oatmeal*

*CUP*

**1 cup quick oatmeal**  
**1/4 tsp. cinnamon**  
**1 tbsp. chopped nuts**

**1/3 cup instant dry milk**  
**handful wheat bran**  
**1/4 cup chopped dried fruit**

At home: grind 1/3 cup oatmeal in a blender, until powdered. Mix every thing together and divide into 3 bags. On the Trail. Add boiling water to the bag or in a insulated mug and mix. serves 3.

### *True Grits*

*A. J. Anonymous*

**1/2 cup Instant Grits**

**1 T. Bacon Bits**

**dash Molly McButter**

Boil Water, add to a heavy duty bag containing grits, Bacon Bits, Molly McButter.... eat with an attitude.

Add cheese or cooked egg as well.

### *Granola to Go*

*Fred Wisenheimer*

Place the contents of a box of Granola into a zip-lock type plastic bag. Leave the box at home. Mix instant Milk with cold mountain water the night before and chill in a cold, bubbling mountain stream. Add the cold milk to the Granola the next morning, top with cinnamon sugar and eat.

### *Ants in the Oatmeal*

*Dick Ross*

Regular oatmeal (not instant) with brown sugar, raisins & nuts, Dried fruit

### *Cream of Freebies*

*Michael Vesely*

**1/2 cup boiling water, 1/2 cup Cream of Wheat and freebies**

Place the bag in a insulating mug or Kozzie. Add the boiling water to the bag containing the cream of Wheat. Let sit for a few minutes. Add freebies from the breakfast menu's of those fine restaurants: Grape Jelly and Strawberry Jam from MacDonalds, Honey from KFC or Burger King, Sugar packets...

**Omelets in a Bag theme:***Eggs MacSanches*

|                                      |  |                     |
|--------------------------------------|--|---------------------|
| <b>2 eggs</b>                        | <b>bacon bits, or crumbled bacon</b>     | <b>onion flakes</b> |
| <b>flour tortillas</b>               | <b>1 slice cheese or shredded cheese</b> | <b>salsa sauce</b>  |
| <b>1 Quart Freezer Zip type bag.</b> |  |                     |

The heavy freezer bags are needed, not the regular.

In the freezer bag place the eggs - minus the shells. Add the bacon, salsa, and onion. Add a little water or milk ~1/8 cup or 2 Tablespoons. Zip up tight and mix the eggs and ingredients by fingering vigorously. Scramble in the bag. Place the bag in a boiling pot of water and cook until done. Remove from pot, if no leaks, use the water for hot chocolate or clean-up. Scoop the eggs on the flour tortillas and add some cheese, fold and eat. Makes fillings for about 2 tortillas.

*Instant Eggs MacSanches*

|                                      |                                      |
|--------------------------------------|--------------------------------------|
| <b>3 Tablespoons powdered eggs</b>   | <b>bacon bits, or crumbled bacon</b> |
| <b>onion flakes</b>                  | <b>powdered cheese</b>               |
| <b>flour tortillas</b>               | <b>salsa sauce</b>                   |
| <b>1 Quart Freezer Zip type bag.</b> |                                      |

The heavy freezer bags are needed, not the regular.

In the freezer bag place the powdered eggs. Add the bacon, salsa, and onion. Add a little water or milk ~1/8 cup or 2 Tablespoons. Zip up tight and mix the eggs and ingredients by fingering vigorously. Place the bag in a boiling pot of water and cook until done. Remove from pot, if no leaks, use the water for hot chocolate or clean-up. Scoop the cooked eggs on the flour tortillas fold and eat. Makes fillings for about 2 tortillas.

*Eggs in a Bag*

SHARK49069, 1998 Feb. 15

my favorite camp food ( or recipe) is eggs in a bag.

what u need is to put the amount of eggs u want in a large plastic bag ( Ziploc type) add ingredients as desired such as cooked sausage, ham, green peppers, cheese, & onions. place in a large pot of boiling water. cook until eggs r thoroughly done. u can tell they r done by their consistency in the bag. when done, remove bag from water and empty the contents of the bag on a plate or in a bowl.( mess kit). & enjoy!!!! (or eat from the bag )  
this is known as "eggs in a bag". **USE A FREEZER HEAVY WEIGHT BAG**

bye, a scout, Ben

*"barf-in-a-bag". From: NOSUGRADED*

My Cub Scout den likes these too. After the eggs appear done, I carefully take them out of the water, and put the bag on a paper plate. The boy then kneads the bag, mixing the eggs so that the inside (sometimes not fully cooked) is redistributed. The bag then goes back into the water to finish cooking. I precook and chop up, at home, sausage. I also cut up onions and cheese. The boys make their own omelets and love them. Oh, by the way, we call them "barf-in-a-bag".

### *Scrambled Egg Variations*

Mix with a fork: or mix in ZIP lock Bag, zip tight and mash with fingers or shake it up

**4 eggs = 4 Tbls powdered egg mix**

**2 tbs. Dry Milk**

**4 tbs. water**

**1/2 tsp. Salt, dash of pepper**

Add one of the following:

**4 Tbls. Shredded Cheddar, Jack, or Swiss cheese**

**4 Tbls. Rehydrated mushroom pieces**

**1 Tbls. Crushed dry parsley or celery leaves**

**1 Tbls. Bacon bar (Wilson's) or BACOS**

**3 Tbls. Rinsed shredded dried beef**

**1/2 tsp. Chili powder**

**1 Tbls. Dried tomato slices, crushed**

Flour tortillas and Pita Pocket Bread make great holders for scrambled eggs.

---

## **Lunch or Trail**

*Trail Peak Trail Mix*

*Philmont Training Center*

**1 cup Chex's cereal, rice, corn, wheat or mixed**

**1 cup salted peanuts or dried roasted peanuts**

**1 cup M&M's**

**1 cup raisins**

mix in a Zip lock bag and eat on the trail.

*Fruity GORP*

**1 cup salted peanuts or dried roasted peanuts**  
**1 cup roasted sunflower kernels**

**1 cup dried Fruit Bits**  
**1 cup M&M's**

mix in a large Zip lock bag and eat on the trail.

*Mixed GORP*

**1 cup mixed nuts or dried roasted mixed nuts**  
**1 cup roasted sunflower kernels**

**1 cup dried Fruit Bits**  
**1 cup M&M's**

mix in a large Zip lock bag and eat on the trail.

*SAM's Mix**Dennis A. Schmitt*

**1 big box Pepperidge farm cheese fish crackers or 1 box Chex Mix,**  
**1 jar Planter's Dry Roasted Peanuts      1 @1 lb. bag M&M's      1/2 lb. raisins**

Mix in a 2 gallon zip lock bag. serves one Troop.

*Donny's Mix**Donny Shaheen**Bag*

**1 cup Pretzels      1 cup Chex Mix      1 cup nuts      1 cup M&M's**  
 Mix and eat and share with your buddies

**Pick a Trail Mix****Pick 1/2 cup from each column, pack in bag.**

| Cereal         | Nuts              | Fruit        | Candy               |
|----------------|-------------------|--------------|---------------------|
| Cheerio's      | Peanuts           | Raisins      | M&M's               |
| Chex's         | Mixed Nuts        | Fruit Bits   | Chocolate chips     |
| Grape Nuts     | Macadamia         | Apple chips  | Reese's Pieces      |
| Granola        | Sunflower kernels | Banana chips | Peanut Butter Chips |
| Wheat Thins    | Almond slices     | Pineapple    | Butterscotch chips  |
| Snack crackers | Corn Nuts         | coconut      | Carob chips         |
| Pretzels       |                   | cranasins    |                     |
| Fish crackers  |                   | apricots     |                     |
|                |                   |              |                     |



## Dinner

### *Quick Rice*

### *Minute*

### *Bag*

#### **1/2 cup Minute rice**

Place 1/2 cup Minute rice in a heavy freezer zip lock bag, add 1/2 cup boiling water to bag, Wait 3 minutes. Makes 1 serving 3/4 cup cooked. Add butter buds and salt. Multiply recipe by # of serve. **No pot No mess**

### *Rice & Freebies*

### *The Road King*

- |                                  |   |                              |
|----------------------------------|---|------------------------------|
| <b>1 Box instant rice</b>        | - | bought with triple coupons   |
| <b>5 packets taco sauce</b>      | - | Taco Bell                    |
| <b>2 packets Chile Sauce</b>     | - | Wendy's                      |
| <b>3 packets bacon bits</b>      | - | McDonald's                   |
| <b>Salt &amp; pepper packets</b> | - | Kentucky Fried               |
| <b>2 honey packets</b>           | - | Kentucky Fried               |
| <b>Road Kill</b>                 | - | only if fresh (only kidding) |

Cook the rice, add the sauces and stuff. Eat if you dare.

The Minute rice can be cooked in a freezer bag and the rest of the sauces added.

### *Cup of Noodles Sans Cup.*

#### **Cup of Noodle soup**

#### **Freezer bag or insulated mug**

Remove the soup from the foam cup and place in freezer bag. This saves you the problem of crushed and broken foam cups which will leak when you don't want it to. Place the bag in the insulated mug and add the boiling water.

### *CousCous*

### *Dennis A. Schmitt*

- |                        |                   |                  |                            |
|------------------------|-------------------|------------------|----------------------------|
| <b>1 cup Cous Cous</b> | <b>oil</b>        | <b>onions</b>    | <b>bullion</b>             |
| <b>meat</b>            | <b>vegetables</b> | <b>soy sauce</b> | <b>green pepper flakes</b> |

Cous Cous is coarsely ground Durum wheat which is pre-cooked. Use like you would rice. Bring to boil 1 1/2 cups of water or bullion, add 2 T. butter, and 1 cup of Cous Cous in a freezer bag. Stir and cover, remove from heat and let sit 5 minutes. If you are adding dried onions or bell peppers, do so while bringing the water to a boil, use a little more water to rehydrate the dried food. Add a little margarine or soy sauce. Treat as a side dish or bed for vegetable. and meat. You can also serve with your favorite sauce poured over it, such as tomato sauce, cheese sauce, or gravy. **1 cup =~ 4 servings**



## Mix and Match

take one from each column

| BASE                 | VEGETABLE                    | MEAT                     | SAUCE                   | SPICE                | TOPPING             |
|----------------------|------------------------------|--------------------------|-------------------------|----------------------|---------------------|
| Quick Rice           | <b>freeze dried</b>          | dried<br>chipped<br>beef | cheese                  | oregano              | nuts                |
| Instant              | peas                         | jerky                    | sour-cream              | herbs                | toasted             |
| Potatoes             | gr. beans                    | <b>canned<br/>fish</b>   | stroganoff              | sage                 | sunflower           |
| Cous Cous            | corn                         | clams                    | spaghetti               | basil                | pumpkin             |
| Acini di Pepe        | <b>home dried</b>            | tuna                     | dry soup<br>mix         | salt,<br>pepper      | coconut             |
| Stuffing             | mixed<br>vegetable<br>flakes | salmon                   | miso<br>powder          | poultry<br>seasoning | sesame<br>seeds     |
| Ramen noodles        | onions                       | sardines                 | gravy<br>mixes          | garlic salt          | margarine           |
| Vermicelli           | mushrooms                    | crab                     | curry                   | onion salt           | cheese              |
| chow mein<br>noodles | soup blends                  | shrimp                   | sweet &<br>sour         | chili<br>powder      | catsup<br>packets   |
| Quick Grits          | pepper flakes                | <b>freeze<br/>dried</b>  | au jus                  | butter<br>buds       | bacon bits          |
| Cup-of-Noodles       | celery flakes                | ham                      | teriyaki                | soy sauce            | croutons            |
| Noodle soup mix      | Green Pepper                 | beef                     | <b>thickeners</b>       | <b>bouillon</b>      | dumplings           |
| Instant Oatmeal      |                              | chicken                  | cornstarch              | chicken              |                     |
|                      |                              | shrimp                   | flour                   | beef                 | wheat germ          |
|                      |                              | dried fish               | cornmeal                | vegetable            |                     |
|                      |                              | bacon bar                | <b>Cup of<br/>SOUPS</b> | <b>mixes</b>         | raisins             |
|                      |                              | <b>TVP</b>               | Cream of<br>Mushroom    | chili                | dried fruit<br>bits |
|                      |                              | beef flavor              | Tomato                  | taco                 |                     |
|                      |                              | chicken<br>flavor        | creamed<br>corn         | sloppy Joe           |                     |
|                      |                              |                          |                         |                      |                     |

*Rice N' Chicken**Troop 928*

**1-1/3 cups instant rice**  
**1/2 tsp. Sage**

**2 Tbls. Dry onion flakes**      **1 can boned chicken**  
**2 tsp. Instant chicken bouillon**

Boil 1-2/3 cups water. Add dry ingredients and can chicken. Mix and let stand 5 min.

Variations: Tuna and dry mushrooms      2 servings

*Potato Soup**Dennis A. Schmitt*

**1 T. dried onion flakes**  
**1 tsp. dried bell peppers**  
**crumbled bacon**

**1 envelope Instant Potatoes**  
**dash cooking oil**  
**dash salt and pepper.**

Place in large bag. Add boiling water and cover. Let sit about 15 minutes, until potatoes are done. You can add ham hocks, Bacon, or hunks of SPAM if you want. Add road kill only if fresh. **serves 4-6**

*Potato Soup**“needs Salt & Pepper”*

**1 cup potato buds**  
**2 Tbls instant beef bouillon**  
**dried parsley and onions.**

**1/2 cup dry milk**  
**1 Gallon Freezer Bag**

Boil 4 cups water, mix in bag, Let sit for a couple of minutes.

*Souper Rice**Minute Rice*

**2 packages Cream of Mushroom Cup of Soup**      **2 cups Minute Rice, uncooked**  
**1 1/3 cans water or milk**      **1/3 cup dry milk**

Place the Cup of soup mix, dried milk and the instant rice together in a freezer bag. Add the boiling water. Cover and set aside for 5 minutes. Fluff and serve. 4 servings.

*Try other Cream Soups..*

*Just a Minute**Minute Rice*

A cup of Minute Rice or other quick cooking rice can be made in a freezer bag. But add a equally quick instant soup mix and you can create a meal.

| Rice                | Soup Mix                | Protein                  |
|---------------------|-------------------------|--------------------------|
|                     | vegetable soup mix      | can tuna or pouch        |
| 1/2 cup Minute Rice | onion soup mix          | can ham, diced           |
| = 1 serving         | chicken bouillon        | can chicken, flaked      |
|                     | gravy mix               | TVP textured veg protein |
|                     | vegetable beef soup mix | can turkey               |

*"It's in the bag" Chinese**Dennis A. Schmitt*

**1 can Chinese vegetables,  
1 can Chinese noodles**

**1 can bean sprouts,  
2 @ 4 oz cans of chicken**

**Soy Sauce  
1.5 cups Minute Rice**

Place rice in a large **2 qt. heavy freezer style zip lock bag**. Boil 1.5 cups of water and place in bag with rice, add Chinese vegetables, sprouts and chicken. Seal and let set 5 minutes. Serve over Chinese noodles and season with Soy Sauce.

No pot to clean... **serves 4-5**

*Clam Chowder**"needs Salt & Pepper"*

**2 cups dried potatoes**

**3 cups water**

> can use instant potatoes

**1 T. dried onions**

**parsley**

>add boiling water.

**1 cup dried milk**

**2 T. margarine**

>add the rest, stir and heat, **don't boil**

**2 T. crumbled bacon**

**8 oz can minced clams**

>add more water if needed.

Place potatoes, onion, milk, and parsley in a large **2 qt. heavy freezer style zip lock bag**. Add the 3 cups of boiling water and the clams and bacon. Mix and let sit to heat up the clams.

*Chicken And Stuffing**StoveTop***2 cup water****1 Tbs.. celery flakes****2 (6 oz.) cans chicken****1/4 cup onion flakes****1/2 cup chopped dried mushrooms****1 bag stuffing mix with herbs and spices**

Bring water to a boil, add to bag containing the ingredients. Break chicken into small chunks. Remove from heat and mix well. Serves four to six.

*Cous - Cous Cluck - Cluck***1 cup Cous-Cous****chicken instant bouillon****4 oz. canned chicken****water**

Add Boiling water to the Cous-Cous and bouillon . Use enough water to cover the Cous-Cous. add the chicken after you have removed it from the can. Add seasonings.

*Instant Refried Beans**Fantastic Foods***1 1/2 cups instant refried beans****2 cups water****1 Tbs. butter****cheese**

Boil water and add to beans in a bag. Stir well, cover 5 minutes - ready to serve. Variations include adding butter and cheese. Use in Frijoles Dip with salsa and Monterey Jack cheese. Use on Nachos, Tostadas, or in Bean Burritos.

*Cheesy Baco Spuds**June Fleming***1 1/2 cups potato flakes****1 packet Butter Buds****1 Tablespoon parsley flakes****1/2 teaspoon salt and pepper****1/2 cup dry milk****1/2 cup Bacos****1 Tablespoon dried onion flakes****1 package powder cheese**

Place ingredients in a large freezer bag. Mix in 3 cups, Boiling water, cover, sit 1 minute. You can reduce portions to individual servings.

*Tacos salad in a bag*

Omykidsmom, 1998 Mar 22

For a quick and easy meal on first night of camping:

Ingredients: **ground beef, taco seasoning, lettuce, tomatoes, individual bags of tortilla chips (any flavor)** enough for at least one per person. (Crush chips in bag before eating).

**At home**, dice tomatoes and lettuce, place in separate ziplock bags. Brown ground beef and add taco seasoning at home, place in freezer ziplock bag.

**At camp**: place bag of beef in boiling water until warm, spoon in some beef in each bag of tortillas, top with lettuce and tomato. Eat out of bag-no dishes to wash!

Omykidsmom

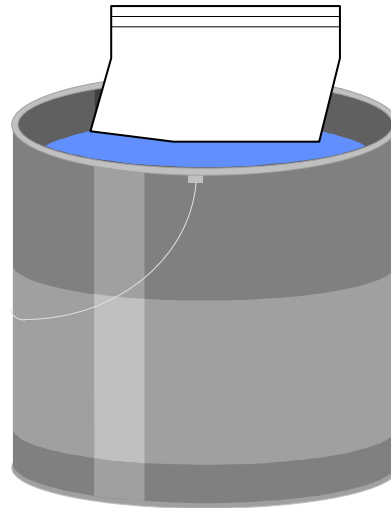
Boy Scout/Girl Scout Leader

## Retort Meals

### Freezer Bags

### Pre-Cooked Stews and Casseroles

Place serving sized portions of Stews or casserole meals into the freezer bag. Squeeze out the air and seal. Place in freezer until trip. Wrap in newspaper for insulation. Fix your meal when the frozen food pouch is thawed. Place the bag into a pot of boiling water and heat the meal. Squish the bag, if you wish to redistribute the heat. Eat from the bag to save on cleaning. Use the hot water for drinks, cleaning the spoon, or cleaning your face. Don't clean your face in the water before you make your drinks.



---

## Drinks

### *Hot Chocolate Drink Mix*

**1 lb. instant powdered milk**                      **1/2 lb. powdered sugar or regular**  
**1/2 lb. powdered coffee creamer**              **1 @ 1 lb. can of Nestle's Quick**

Mix in large bowl with wooden or plastic spoon. Store in air-tight, dark container. Pack in plastic bags for camping. 3 Tablespoons in 8-12 oz hot water.

### *Hot Cocoa Mix*

**1/3 cup cocoa**                      **1 1/3 cup instant nonfat dry milk**  
**1/2 cup sugar**                      **2 Tbls. non-dairy creamer powdered**                      **dash salt**

Mix, store in airtight container, for 1 cup cocoa, add 1/4 to 1/3 dry mix to 1 cup boiling water.

### *Trail Shake*

*June Fleming*

Servings: 6

**2 cup Dry Milk**                      **1/2 cup Malted Milk Powder**  
**1/2 cup flavoring: cocoa, instant coffee, berry syrup mix, jam, etc.**

Directions: 1/2 cup of mix = 1 serving.

1. Package each individual serving in a Ziplock plastic bag, 1/2 cup of mix.
2. To use add 1 cup of cold water to plastic bag, seal, and shake until mixed

### *EggNog Brink Mix*

**1 1/2 cups instant dry milk**                      **1/2 cup nondairy creamer**  
**1/2 cup powder egg mix**                      **2 Tablespoons brown sugar**  
**1/2 Teaspoon cinnamon, ground**              **1/2 Teaspoon nutmeg, ground**

At Camp: mix 1/3 cup of mix with cold water and stir

*Carob - Malt Smoothie Mix*

**2 cups instant dry milk**                      **1/2 cup malted milk powder**  
**1/2 cup sifted carob powder**              **1/4 cup brown sugar**

At Camp: mix 1/3 cup of mix with hot water and stir

*Hot Malt Shake Mix*

**2 cups instant dry milk**                      **1/2 cup malted milk powder**

At Camp: mix 1/3 cup of mix and slowly fill cup with hot water and stir.

*Instant Breakfast Drink*

*1 cup serving:*

**1/4 cup instant dry milk**                      **1 Tablespoon nondairy creamer**  
**1 Tablespoon powder egg mix**  
    **and one of:**  
**1 Tablespoons malted milk powder**              **1 Teaspoon instant coffee**  
**1 Tablespoon cocoa mix**                      **1 packet jelly or jam**

At Camp: Add water and shake in ziplock bag or cup with lid.

**Deserts***Fruit Compost*

*I. B. Wisenheimer*

**1 cup dried fruit bits**                      **1/2 cup sugar**  
**1 teaspoon cinnamon**                      **graham crackers**

Keep in a Freezer bag for travel. Then place the bag in a insulated mug. Rehydrate the fruit in enough boiling water to cover the fruit. Let simmer with the sugar and cinnamon till fruit is soft and the liquid is thick. Don't let the sugar burn. Top with graham cracker crumbs.

*Instant Pie**Dennis A. Schmitt*

**1 box instant pudding mix,      1/4 cup instant milk      graham crackers.**

Mix the pudding and dried milk with the right amount of cold water and beat with a whisk until thick. Pour into cups. Top with crushed graham crackers. **Serves 3-4.**

*Pistachio Pudding**Jell-O*

**1 box instant Pistachio pudding      2 cups cold water      3 tbs. powdered milk**

Mix milk with water, add pudding and whip with a whisk for 2-3 minutes. Let set and serve.

Subject: Re: *Ice Cream in a Ziploc?*      From: *NHarrin106*

Date: Thu, Feb. 20, 1997 11:40 EST

**1/2 cup milk      1 Tbs. Sugar      1/2 tsp. Vanilla**

Mix these in Ziploc sandwich bag, seal bag. In Freezer Ziploc bag put ice or snow and a little salt. Place small bag in big bag. Seal and Shake for 5 to 10 minutes.

The hardest part is the shaking!

*Dorcas Miller's CHOCOLATE BUTTERMILK CAKE*

This rich cake is made without eggs so you don't have to hunt down powdered eggs or an egg substitute. Powdered buttermilk is available in health food stores and supermarkets.

|                             |                                  |
|-----------------------------|----------------------------------|
| <b>3/4 cup flour</b>        | <b>1/2 cup sugar</b>             |
| <b>1/4 cup cocoa powder</b> | <b>1/2 tsp. baking soda</b>      |
| <b>1/4 tsp. salt</b>        | <b>2 Tbs.. buttermilk powder</b> |
| <b>1/4 cup oil</b>          | <b>1 chocolate bar</b>           |

*At home:* Combine all ingredients except oil and chocolate.

*On the trail:* Add 1/2 cup water and the oil to dry ingredients and mix well. **Standard BakePacker:** Boil/bake 20 minutes. **Ultra-light BakePacker:** Use half the recipe and boil/bake 12-14 minutes. Banks Fry-Bake Alpine: Bake 20 minutes in greased pan. Outback Oven: Heat to "bake" range, then bake 20 minutes.

As soon as the cake is done, top with pieces of chocolate bar for the frosting.



*Dorcas Miller's CORNBREAD*

(BakePacker and Outback Oven)

This makes a sweet cornbread; the sugar can be cut by half.

|                                      |                             |
|--------------------------------------|-----------------------------|
| <b>2 Tbs. oil or margarine</b>       | <b>1 cup flour</b>          |
| <b>3/4 cup cornmeal</b>              | <b>1/3 cup sugar</b>        |
| <b>1/3 cup instant powdered milk</b> | <b>3/4 tsp. salt</b>        |
| <b>2 Tbs. egg powder</b>             | <b>3 tsp. baking powder</b> |

*At home:* Combine all dry ingredients.

*On the trail: Standard BakePacker:* Mix 3/4 cup water with dry ingredients and oil; boil/bake 20-25 minutes. **Ultra-light BakePacker:** Use half the recipe and a little less than 1/2 cup water, and bake 12-14 minutes. Outback Oven Plus Ten: Mix 1 cup plus 2 Tbs. water with dry ingredients and oil; bake 25 minutes.

*Dorcas Miller's BISCUIT MIX*

This mix can be used for pancakes, biscuits, pie dough, coffee cake, dumplings, and any other flour-based treat. I prefer to use half whole wheat and half unbleached white flour, rather than all whole wheat, to give biscuits a lighter texture. (Recipe makes 2 cups of mix; about a dozen biscuits or six servings of coffee cake.)

|                                     |                                      |
|-------------------------------------|--------------------------------------|
| <b>1 cup unbleached white flour</b> | <b>1 cup whole wheat flour</b>       |
| <b>2 tsp. baking powder</b>         | <b>1 tsp. salt</b>                   |
| <b>2 Tbs. oil or shortening</b>     | <b>1/3 cup instant powdered milk</b> |

*At home:* Combine all ingredients and put in a reclosable plastic bag.

For biscuits on the trail: To make 6 biscuits, add 1/3 cup water to a bag containing 1 cup of mix, and knead the dough in the bag until it's well blended and forms a ball. Sprinkle in a bit more mix to coat the dough ball, then pinch off portions and pat them into biscuits. **Standard BakePacker:** Lay biscuits in a clean baking bag in a single layer on the BakePacker grid. Boil/bake for 12-15 minutes. **Ultra-light BakePacker:** Use 1/2 cup mix with 3 Tbs.. water; boil/bake for 8-10 minutes. Banks Fry-Bake Alpine: Bake 10-12 minutes or until golden in greased pan. Outback Oven: Heat to "bake" range, then bake for 10-12 minutes.

**Boil in a Bag.....CAKE**

For Standard BakePacker

1/2 Cake Mix

Rule 1- Forget the instructions on the box. They are too complicated for the wilderness.

Rule 2- The basic mix is 2 cups cake mix and 1 heaping Tbsp. Soy Flour plus 3/4 cup of water. After mixing, boil bake 20 minutes ( at sea level ). A fresh egg can be used in place of powder.

Rule 3- For every 2000 ft. of elevation gain, add 1 minute to cooking time.  
Use 1 gallon freezer bag. Fold over ( Do Not ) zip close.

Use 2 gallon bag for large pot with whole mix and 2 Tbsp.  
Soy flour and 1 ½ cups of water.

Egg Substitute- For Baking Only  
1 heaping Tbsp. of Soy flour equals one egg.

Original Recipe from BakePacker, Strike 2 Industries, Inc.

<http://www.bakepacker.com/> Link is no longer active

The bakepacker allows you to bake or cook using the heat of boiling water. The food is mixed in a freezer bag or roasting bag and then placed on the grid in a pot with 1 inch of water on the bottom to boil.

**Bakepacker is no longer made and you have to create your own version.** People have used tubes bunched together or a steamer platform to support the food bags or silicone or foil cupcake liners.



## **Additional information since 1999:**

The use of Freezer bags for camp cooking started about the same time that Zip-Lock brand was introduced. There is some debate on the use of plastics in the cooking process. Everyone must decide for themselves. In the years since this pamphlet was made for scouts, there has been other publications made, and the following is a listing of some of them.

### **It's in the Bag Cookbook by Thomas, Marion P.**

**Publisher:** Experience Pub Co, 2002

ISBN is 9780965729185 / 0965729184

Sarah Svien Kirkconnell has been a frequent contributor to the backpacker.com/forums. She has been a strong user of FBC or Freezer Bag Cooking and has published several books. She has a website, face book pages, and YouTube videos.

### **Freezer Bag Cooking: Trail Food Made Simple**

Author: Sarah Svien Kirkconnell

Softcover: 90 pages

Bay Street Publishing; copyright 2007

### **Freezer Bag Cooking: Adventure Ready Recipes, 2016**

by Sarah Kirkconnell, Matthew Kirkconnell

Bay Street Publishing; copyright 2016

[www.trailcooking.com/trail-cooking-101/freezer-bag-cooking-101](http://www.trailcooking.com/trail-cooking-101/freezer-bag-cooking-101)

<http://www.trailcooking.com/fbc/>

Here is the link for the USU booklet .pdf :

<http://extension.usu.edu/juab/files/uploads/FCS/Freezer%20Bag%20Recipes.pdf>

## **2022 edit.**

The accumulation of lots of dirty plastic bags may create a waste problem. You have to pack them out and properly dispose of them. Newer recyclable zip type bags have become available in 2022. Although they cost more, they offer an

ecological alternative to throwing out lots of plastic bags. There are different styles, materials, and cost. So do a little shopping around in stores and on the internet for something that will work for you and planet Earth.

Canned Meats and Fish can now be found in **Foil pouches** as well as cans.

The use of an insulated mug or a Thermos has become more common. You might want to consider these in your bag of cooking tricks.

Good article on Thermos cooking

<https://www.backpackingchef.com/thermos-food.html>

Short write up on insulated mugs.

<https://trailcooking.com/trail-cooking-101/insulated-mug-method-101/>

